

Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 10th August – 15th August

Monday 10 th August 10am – 12.30pm	Monday Makers, Fan designs TOG Shop 11am-12md	
Monday 10 th August 12.45pm – 4.15pm TOG TRIP	Primark Shopping Stockport	
Tuesday 11 th August 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening Music	
Tuesday 11 th August SANDBACH DRAMA 4.30-6.30pm	Drama The Ballroom Town Hall	
Wednesday 12 th August NOTE TIME CHANGE 11am - return 2.30pm Handforth	Tatton Park Gardening	
Wednesday 12 th August 6pm-8.30pm The Hub / Park	Active Wednesday Julia Keep Fit	
Thursday 13 th August 6pm-8:30pm,	Social Thursday Makaton workshop by Pamela Odele Makaton Tutor	
Friday 14 th August 10.30am-3.30pm TOG Hub	Foodie Friday Budget planning Quiche/Tart	
Saturday 15 th August 11am-2.30pm TOG Hub	Creative Saturday Pop Art	
Contact numbers:	Office – 01625 520652 Yvonne – NUMBER 07517274386 Sarah - NUMBER 07517274623 Stephen - NUMBER 07517274565 Outreach	

Working together for greater independence

Supported as Charity
of the Year 2023 by

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